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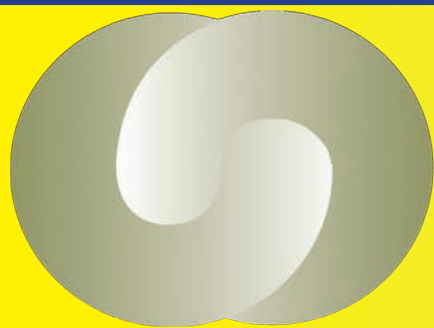


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LIFE DYNAMICS, LLC

EDITOR

TARA L. ROBINSON

EDITORIAL CONSULTANT & CONTRIBUTOR

HEIDI BRIGHT PARALES

ADVERTISING & PROMOTIONS

TARA L. ROBINSON

DESIGN & LAYOUT

JON ROBINSON

EVENTS CALENDAR

DARLENE ROBINSON

DISTRIBUTION

TERI DETTONE
KENDRA KOCH
ROSE POGGIOLI
MIMI TAGHER
FRANCINE HAYDON
CARL & BEV FISHER
DON BUECHNER

CONTACT US

10663 LOVELAND-MADEIRA RD, STE 162
LOVELAND, OHIO 45140
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513.722.0752 FAX
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Wayseer Manifesto

FOR THIS ISSUE'S *Letter from the Editor* I decided to share the words of Garret John LoPorto from his video, *Wayseer Manifesto*. These words touched my heart and ignited something powerful inside. Some words have been omitted for space. The complete video can be viewed at www.wayseermanifesto.com.

ATTENTION: All you rule-breakers, you misfits and trouble-makers - all you free spirits and pioneers - all you visionaries and non-conformists...

Everything that the establishment has told you is wrong with you, is more likely what's right with you. You see things others don't. You are hardwired to change the world. Unlike 9 out of 10 people, your mind is irrepensible, and this threatens authority. You were born to be a revolutionary.

You can't stand rules because in your heart you know there's a better way. You have strengths dangerous to the establishment, and it wants them eliminated, so your whole life you've been told your strengths were weaknesses. Now I'm telling you otherwise.

Your impulsivity is a gift. Impulses are your key to the miraculous. Your distractibility is an artifact of your inspired creativity. Your mood swings reflect the natural pulse of life, they give you unstoppable energy when you're high and deep soulful insight when you're low.

Been diagnosed with a "disorder?" That's society's latest way to deny its own illness, by pointing the finger at you. Your addictive personality is just a symptom of your vast underused capacity for heroic, creative expression and spiritual connection. Your utter lack of repression, your wide eyed idealism, your unmitigated open mind - didn't anyone ever tell you?! These are the traits shared by the greatest pioneers and visionaries and innovators.

We are all the same you know, 'cuz we're all affected by the Way. We are all the same you know, 'cuz we're all attracted to the flame.

You know in your heart that there's a natural order to life, something more sovereign than any man-made rules or laws could ever express. This natural order is called "the Way."

The Way is the eternal substrate of the cosmos. It guides the very current of time and space. The Way is known by some as the Will of God, Divine Providence, the Holy Spirit, the Implicate Order, the Tao, Reverse-Entropy, Life-Force...but for now we'll simply call it "the Way."

The Way is reflected in you as the source of your inspiration, the source of your passions, your wisdom, your enthusiasm, your intuition, your spiritual fire - love. The Way takes the chaos out of the Universe and breathes life into it by reflecting divine order. The Way, when experienced by the mind, is genius, when perceived through the eyes is beauty, when felt with the senses is grace, when allowed into the heart...is love.

Most people cannot sense the Way directly, but then there are

the Wayseers. The keepers of the flame. Wayseers have an unexplainable knack for just knowing the Way. They sense it in their very being. They can't tell you why or how they arrived at the right answer. They just know it in their core. They can't show their work. So don't ask. Their minds simply resonate with the Way. When the Way is present, so are they.

While others are blind to it, and society begs you to ignore it, "the Way" stirs you inside. Neurological repression blocks most people's awareness of the Way. Censoring all thoughts and impulses from the unconscious is their prefrontal cortex; the Gestapo of the brain. Nothing which violates its socialized programming gets through; but your mind is different. Your mind has been cracked wide open to the Way. By some miraculous genetic trait, some psychotropic chemical, or maybe even by the will of your very soul, your brain's reward pathways have been hijacked, your awareness exposed to the turbulent seas of the unconscious. Through this open doorway divine light shines into your consciousness showing you the Way. This is what makes you a Wayseer.

90% of human civilization is populated with those whose brains are blocked to the Way. Their brains are hardwired to enforce the social programming indoctrinated since birth. Unlike you, they cannot break out of this programming, because they have not yet experienced the necessary revolution of mind. These programmed people take social institutions and rules very seriously. The programmed ones believe in rules so forcefully they become willing to destroy anyone who violates them.

Wayseers are the ones who call their bluff. Since Wayseer minds are free to reject social programming, Wayseers readily see social institutions for what they are - imaginary games. Wayseers comfort the disturbed and disturb the comfortable. Helping those who are lost in these games is a calling of many Wayseers. Since Wayseers are the ones who keep contact with the original source of reality, they are able to disrupt societal conventions and even governments to realign humanity with the Way.

The Wayseers are an ancient lineage, a kind of priesthood, carriers of the flame, ones "in the know." There must always be Wayseers. Wayseers are called to shed light on the madness of society, to continually resurrect the timeless transcendent Spirit of Truth.

Wayseers reveal this divine truth by devoting themselves to the birth of some creative or disruptive act expressed through art or philosophy, innovations to shake up industry, revolutions for democracy, coups that topple hypocrisy, movements of solidarity, changes that leave a legacy, rebellions against policy, spirit infused technology, moments of clarity, things that challenge barbarity, watersheds of sincerity, momentous drives for charity.

This is your calling, Wayseer. You've found your tribe.

Welcome home.

With love to all fellow Wayseers,

Tara

Reader Feedback

"I just wanted you to know that I went to Toomey's and picked up the *Whole Living Journal*. Glad I got four of them! LOL! I am down to two only because it was raining and I was *not* going to my car in that rain. Plus, I've been passing them around again.

Anyway, the reason why I am sending you this letter is to let you know I think this May/June '12 issue is so fantastic! Every article has something great in it. I read all of it in one sitting and each page touched something inside me. Usually it's something here and there, but this time it was like WOW!

I want to read that book *Twixt*. I love those kinds of stories. I also loved how M.K. Meier took her leap of faith and went to Italy. How awesome is that? The House Whispering article really spoke to me. I feel a change might be coming for me in my living arrangement. And then the Hand Wash article. Oh that was so perfect! I loved it.

And of course the Letter from the Editor was great. I like the word "liberation" too. I want to be liberated. I don't want a whisper. I want to know that a healing is taking place so I can move forward with confidence. Not wonder if I heard right. The My Journey story on Finding My Bliss even spoke to me. I love what she said about the shadow work. For some reason I wanted to go do that now!

Oh, what can I say about May/June...it has been really powerful for me. I ended up talking with a co-worker and we got to talking about creating what you want. He said I helped him. God does work in mysterious ways. Or as I like to call them—MAGICAL ways. Have a blessed day! Oh the MAGIC of it all!"


**Lea Smith
Milford, OH**



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After much practice Daniel was pleasantly surprised when his attempts at lucid dreaming finally paid off.

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Living in Balance

While Spinning the Plates

of Your Life

by Kac Young, PhD, ND

SOMETIMES I FEEL like a Chinese Acrobat spinning plates. There are so many choices to be made, commitments to be met, requests to be addressed, errands to be run, meals to be cooked. By bedtime my *to-do* list seems to be expanding while my *done* list contracts.

Our lives are full. Demands are great. How do we manage it all? How do we keep the plates spinning in the air and still maintain our composure? We can learn from the six actions of the Chinese Acrobats:

#1. Conscious Choice. The Chinese Acrobat must choose each movement precisely and carefully. A single misstep could crash a stack of plates. Ask yourself four questions at the end of each day:

- Was this day fulfilling? (Was my life purpose served?)
- How did my life affect others?
- What did I learn today? (What were the blessings?)
- What would I change?

The answers indicate if you were on track. Were you too busy to help others? Did you over-give and deplete your resources? What were the hidden blessings? Your day becomes meaningful when you establish a connection between your inner and outer self.

#2. Being Present In Each Moment. If you are distracted you are not focused. Without focus you are not participating fully in life. The Chinese Acrobat dares not lose focus. Balance requires complete mental and physical attention.

#3. Building Strength. A process by which virtues are strengthened and negative patterns overcome. This action compounds as you daily repeat stamina-building exercises. Building strength

requires discipline; it involves doing the right thing again and again until it becomes second nature. If you allow your physical body, your mental processes or your emotional state to become flabby, you will not have support when you need it the most.

#4. Practice. Commit daily to your own excellence. Chinese Acrobats practice 8-10 hours a day. To be on top of your game, you must practice the range of your skills and exercise your talents regularly. First, identify your talents and then begin to use them.

#5. Confidence. This principle makes everything work. Everybody falls and stumbles, but he who gets up, dusts off his pants and tries again is the one who will succeed. No matter how many setbacks, instill in yourself the confidence that you have what it takes to reach your goal.

#6. Management. This is about the distribution of your time and your energy. It comes down to choice. How do you sort through the demands and pick out what is important for you to spend time on? These facts may help you choose.

In the U.S. the average lifespan is 78 years x 12 months which gives us 936 months to live. On average, people spend one third of their lives asleep. This gives us 624 months to live. The average person is in school approximately 8 hours a day, excluding weekends, holidays and breaks for 12 years. This gives us 580 months left to live. From graduation to retirement we work eight hours per day, excluding weekends and holidays. This gives us 452 months left to live. We eat three meals per day, roughly estimated we spend six years of our life eating. This gives us 380 months left to live. Throughout a lifetime we spend



Courtesy of the Beijing China Acrobats

five years waiting in lines and traffic. This gives us 320 months left to live. On average, people spend four years doing housework. We spend roughly one year looking for lost possessions and another four weeks kissing someone. This gives us 259 months left to live. The average person spends two hours a day (outside of work or school) on a computer totaling one month. This gives us 258 months left to live. People go to the cinema, on average, three times a year, adding the time to buy popcorn, spending roughly two and a quarter years at the movies. This gives us 232 months left to live, but we spend the first twelve years of our life taking it easy so, we are left with approximately 88 months to do what we choose to do.

Management defines these 88 months.

How will you spend yours? How will you create the perfect life full of the peace, balance and harmony you seek?

About the author: Kac Young has a PhD in Natural Health, a Doctorate in Naturopathy and a Doctorate in Clinical Hypnotherapy. She is a television producer/director, a licensed Religious Science Minister and the author of: Feng Shui the Easy Way, 21 Days to the Love of Your Life, Gold Mind, Heart Easy, Cheese Dome Power, and Supreme Healing. www.spiritualgenius.com & www.fengshuispecialist.com.



Remembering and Re-remembering During Transitions

by Mar Feder, MA, PC

WE ARE ALWAYS in a time of transition; whether it's the typical day-to-day changes life throws our way, or more major changes like job transitions, home situations, children leaving or arriving, the death of a loved one, or a marriage beginning or ending. In the face of these transitions, major or minor, we can become so focused on what's going on around us that we often forget about the wonderful resources available to us. Sure, sometimes we look outside ourselves to friends, books, or websites for help and advice, or we busy ourselves away from the swirl of the tornado of change and transition, but what might happen if instead of focusing "out there" we took some time to intentionally focus on the one resource we always have within us – our Self?

We tend to overlook or take for

granted how "The Organizer" within ourselves might help to make order out of and prioritize everything on our plate. Or how "The Jokester" can help us find humor in even the toughest situations. What gift might our "Angry One" offer when righteous indignation is appropriate? We all have them, the pieces and parts of our personality that make up the Self.

Many are instantly recognizable. They are the ones which usually dominate our way of being in the world and show up in our automatic and most common behaviors. And then there are the others that recede into the background, overlooked and often under utilized. Without intentional focus we can forget they exist and fail to realize the help they can provide.

The process of remembering (recalling those subtle parts of our Self) and re-remembering (accessing, acknowledging and integrating them) is a simple one. All it takes is intention and focus. For some, it can begin with a "Who Am I?" exercise in a journal. For others, connecting with nature, earth, minerals

or ancestors opens the gateway to self-exploration and discovery. For others, physical movement in the form of dance or yoga cultivates an inner-knowing. Some use prayer or meditation to see themselves in the silence and connection with Spirit. And still others tap into art in the form of sculpture, painting, drawing, design or collage to bring form to the pieces and parts of Self.

The way we get there is not what matters. What's important is getting to know, and being in relationship with, all parts of our Self so we can access them whenever we want or need to.

About the author: Mar Feder, MA, PC is a Clinical Counselor, Coach & SoulCollage® Facilitator. She offers SoulCollage® workshops monthly.



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A Prosperity Blessing

by Veronica M. Hay © 2004

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May the sun shine its golden light of prosperity through every cell of your extraordinary body.

May you be cleansed today of any resistance or feelings of unworthiness that you may still be holding onto.

May your false illusions of doubt, fear and scarcity gently fall away like soft white feathers on a gentle breeze.

May you be willing, simply willing, to allow the Universe to shower you with miracles today.

May the Angels wrap you in their shining wings of opulence.
May the fairies deliver you to their pot of gold at the end of a majestic rainbow.

May your eyes shine with the glorious truth of who you really are and may that truth uplift others in your presence to their own inner knowing.

May your ears hear the sound of perfection ringing in your soul.

May you taste the deliciousness of every precious bite of life as your day unfolds moment by moment with amazing grace, heartfelt love and a bounty of magnificent money.

As this day ends, may you slumber wrapped in an exquisite blanket of enduring peace and profound gratitude.

And may the last words you speak today be Thank You!

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- July 17 - Dick Larson (Share International)
- July 31 - Host Judy Peace
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Singing *the* Perfectionist Blues

Lessons in 'Good Enough'

by Pam Doremus

THERE IT SITS. Staring at me. The world's ugliest quilt. My friend's prized race t-shirts and childhood clothes turned into garbage. Poorly cut and sewn, with added accents of day-glo turquoise and orange. And I said I would fix it!

After two months of planning, deconstructing and re-cutting, I begin to rebuild. And discover more problems. No amount of interfacing makes polyester double-knit easy to sew. No amount of prayer can put fabric back on the poorly cut (way too small) squares. No amount of rearranging is going to change the color palette. So what is a perfectionist to do?

Get Back to Basics: Return to the original goal. The quilt's owner wants something warm to snuggle under with good memories, not an award winner. I need to see the fabrics through her eyes and love them.

Accept 'Good Enough': These fabrics will always be 70's vintage, often laundered. I'm not going to get the perfect corners. Seams will not meet, no matter how well pinned. And this is perfect. I have never loved a perfect house, it feels too cold. This will be a warm, comforting quilt.

Breathe: When it doesn't look right, I resolve to breathe. Nothing that happens here is disastrous. I can rip apart and re-sew, or grow to love what it looks like as it is.

Each Saturday I come to the machine, just as I come to the mat in yoga. I bring the perfectionist mind that I have honed for so many years. I come to be humbled and to learn that 'good enough' often is truly good enough.

As the weeks roll by and become months, I learn more from

the world's ugliest quilt. It reveals that, like so many others, I love order. Some get it from rules, some from discipline, mine comes from chaos. Even as a young girl, I have been drawn to chaos with the intent to create order. I love to restore order to a messy office, or create an orderly class out of a bunch of wild children, or untangle a jewelry box.

It turns out that this quilt is no different. Creating pattern and form from such difficult materials begins to be fun. My first layout of patches is okay, but too structured for the feeling of warmth and comfort we desire. It looks more like something that would be hung on a wall. The second layout is better and the third I don't even finish because I have a feel for where everything will go. It's like doing reiki on a client.

When I meet with a new client, in the first few minutes of the session we talk to get a feel for what the energy of the session should work on. As I become more accustomed to the client's energy, intuition begins to arise. Soon it all falls into place creating the peace we all seek.

As the metaphors become clear, I realize I am well blessed by this challenging quilt.



About the author: Pam Doremus is a Usui Reiki Master. She compliments reiki with biogenesis tools and Hannah Kroeger techniques. The underlying principle of reiki is to help people heal by clearing energy blocks throughout the body that limit health, clear thinking and creativity. Since life is a process of learning and growing, her goal is to help each client find inner peace and healing, drawn from their own life experiences. 859.750.4720 www.nkyreiki.com. (See ad on page 6).



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Natural Tips

for Keeping Cool All Summer

by Logan Brookbank

Coconut Water: Available in most grocery stores these days. High in potassium and electrolytes, it will be sure to keep you fresh and quenched. Try it in a smoothie.

Homemade, Fresh Juice Popsicles: Back to the basics. Juice your favorite fruit or combination, pull out the old juice pop trays (can be found at most grocery stores) and freeze. Enjoy a cold, naturally sweet pop as a treat in the afternoon.

Cooling Breath: Can you roll your tongue? If so, roll it, inhale through the mouth, close the mouth, and exhale through your nose. Repeat for 10 minutes or until you've cooled down. If you can't roll your tongue just pucker your lips for the inhale, close your mouth, exhale through the nose. An old Indian trick...ever wonder how they stand that heat?

Aloe Vera: Invest in a plant—I guarantee it will be used this summer! Soothes sunburn, heat rash, any red rash...and you can drink it. Add it to juice, smoothies, or take as a straight up spoonful in the rush of all the heat.

Cucumber, Lime, Basil Yogurt Drink: Yum. Mix in a blender—1 cup fresh yogurt, 1/2 cup water, squeeze of lime, pinch of salt, 5 slices of cucumber and 4 leaves of basil or mint. Serve with a lime wedge for guests. Delicious and cooling.

Cilantro: Is now your best friend. Grow it! Put it on top of and in everything you eat—it will cool you down in a flash. For the days you can't go outside—make it into a juice. 1 bunch of cilantro mixed with 3 cups water in a blender—strain the water and drink. Use the pulp on your face and arms—it will cool you down and balance your complexion.

Water!!! Last but not least. Stay hydrated. Drink at least 8 cups a day and more if you are working outside or sweating. It's amazing how many complaints can be soothed by just drinking more water.



About the author: Logan Brookbank studied under Dr. Vasant Lad of the Ayurvedic Institute in NM where she learned the most applicable ways to integrate the ancient science of Ayurveda into the modern day world. She offers consults at WholeCare in Blue Ash, specializing in balancing emotional and physical life concerns through movement, breath, diet, lifestyle, and acceptance. lbrookbank@gmail.com.



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6 Childhood Lessons You Might Have Missed

by Rev. D. Michelle Wisbith, M.Sc



DURING CHILDHOOD WE'RE INTRODUCED to ideas that help us manage and survive in the world. The types of lessons we're taught and remember vary due to differences in location, family values and personalities. Here are six that are worth learning or remembering, no matter what your age.

1. Someone else's opinion is just that, until you accept it as your truth.

When my children were young, they'd occasionally come home upset because they'd been called "doodyhead" or some other terribly insulting name. I'd ask, "Are you a doodyhead?" They'd say no and I'd agree, telling them, "You'll never be anything until you think you are." The same holds true for adults. When you get upset because someone offers an opinion that differs from what you believe you are or want to be, take comfort in remembering that you'll never be lazy, crazy or anything else until you *accept* that as your truth or destiny. Instead of arguing, simply say, "I believe differently," then change the topic or walk away and remember lesson two.

2. Sometimes you may need to experience what you are not in order to discover who you are.

Think about people, who at some point in their life, did a 180 degree turn; the junkie who became a rehab counselor, the slacker who now runs a successful business, or the person who suffered horrible abuse as a child and is now a gentle and loving caregiver. Many things help to define and create our future selves. Sometimes we choose the experiences in our life. Other times, they just seem to show up. When you find yourself in a situation you don't like or want, think of it as a shortcut; a lesson of discovery that, if not presented in this more obvious manner, may have taken you years to learn. If you want to change your situation, recall lesson three.

3. "Nothing happens until something moves." (Albert Einstein)

Life is huge, sometimes too huge. At some point, most of us will experience being overwhelmed to the point of near paralysis. Wishing, goal setting and hope are

wonderful tools. Unfortunately, none of them alone has ever led to achievement or solved a problem. If you want to experience success, initiate some kind of action. It doesn't have to be life altering change, but do something every day that brings you closer to your goal or peace. If you get stuck, keep lesson four in mind.

4. Just do the very next thing.

Writing a book? The very next thing might be to start an outline. Are you way behind in house cleaning? Clear off one countertop. Break the task down into ridiculously simple steps if that helps. After an especially stressful life event or illness that 'very next thing' list might be as simple as get out of bed, get cleaned up, get dressed and eat. Get the idea? Just keep moving!

5. Failure isn't the end, failure is feedback.

So you tried something and success didn't follow. Time to quit? Not by a long shot. Congratulate yourself. You've learned something that didn't work and you can now eliminate it from the things to try next. True failure only comes if you give up too soon. And, yes, sometimes the best course of action is to stop, but it doesn't have to be permanent; look at what you did and what happened, regroup, make adjustments and try again.

6. This too, shall pass.

Worst case scenario, when it feels as if your situation won't ever get better, and you feel completely alone, remember that nothing lasts forever. Change is constant. If you can't wait for things to change on their own or don't think you'll survive until they do, remember lesson number two, then lesson number three, then lesson number four....

About the author: Rev. D. Michelle Wisbith is a freelance writer, metaphysical teacher and certified Spiritualist medium with a Master's degree in Metaphysical Sciences. She's happiest when she's helping others. She can be reached through email at rev.d.michellewisbith@gmail.com.



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Nutrition and Recipes

from the kitchen of **The Healthy Foodies**

by Pama Mitchell and Mary Ann Barnes, MD

SCIENCE VERSUS SNAKE OIL

POPULAR LITERATURE IS CROWDED with recommendations on the next herb or supplement to treat or prevent disease. Though there is overwhelming evidence about the benefits of including fruits and vegetables in a daily diet, research on using supplements of vitamins and antioxidants has been disappointing at best, and at worst can harm people who take them. (Prime examples are vitamins A and E, and beta-carotene.)

Indeed, as a young physician Dr. Barnes recommended patients take a multivitamin each day. Now, she recommends a good diet, and possibly calcium and Vitamin D supplements, and advises patients that science changes. This year's advice may be different from next year's. A great web-site that uses un-

biased, well-controlled studies to make recommendations is the National Institute of Health's site on Complementary Medicine (www.nccam.nih.gov).

Cinnamon has powerful antioxidants and has gained attention as a possible preventive or cure for diabetes. But cinnamon supplements can cause a number of side effects, including gastrointestinal distress. And, though there is some evidence it can aid in the control of blood sugar, there is no long-term evidence that it can control diabetes. While we wait for good, unbiased, well controlled studies, we suggest using cinnamon in your dishes (such as these tarts) to savor its wonderful taste, but hold off on the supplements.

Recipe: Apple, Blueberry and Walnut Tarts

(Serves 8)

Ingredients and supplies:

- 2 pre-made pie crusts
- Parchment paper
- 3 baking apples (such as Jonathan), cored and cut into large chunks
- 2 T lemon juice.
- 1 c frozen or fresh blueberries
- 2/3 c chopped walnuts
- 1/3 c natural sugar
- 3 T whole wheat flour
- 1 t cinnamon



Instructions:

Preheat oven to 400°. Cut parchment paper into 8 5-in. squares. Roll each pie crust into a 12-in. square. Cut each pie crust into quarters, about 6-in. squares. Place one piece of pie crust onto a piece of parchment paper. Press into a cup in a cupcake pan, molding pie crust onto the side, but keeping parchment paper from folding into dough. Repeat until all 8 cups are molded. In a medium bowl, toss apple pieces with lemon juice. Combine remaining ingredients and toss lightly to coat. Divide apple mixture into each cup. Fold dough down over apple mixture and sprinkle lightly with a pinch of natural sugar. Bake for 35—40 minutes, or until crust is lightly brown. Serving suggestion: top with Greek yogurt.



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FARMED VERSUS WILD SALMON

Although the aquaculture industry has tried to address the health and environmental threats posed by farmed salmon, many unresolved problems persist with the widely available, inexpensive (and quite tasty) fish. We wish we could report that it's okay to eat farmed salmon, but in truth, you should avoid doing so except very occasionally.

Here's a recipe based on wild salmon fillets, but other firm-fleshed seafood can be substituted.

Recipe: Crispy Citrus Salmon

(Serves 4)

Ingredients:

Cooking spray
4 6 oz salmon fillets
Salt and pepper, to taste
¼ c panko bread crumbs
2 T chopped fresh herbs (such as thyme or parsley)
Zest of 1 lemon
Zest of 1 lime

Instructions:

Preheat oven to 350 degrees, and line a large baking sheet with foil. Coat with cooking spray. Season salmon with salt and pepper; transfer to the prepared baking sheet. In a small bowl, combine bread crumbs, herbs and the zests. Sprinkle over salmon, pressing into tops and sides of fish. Bake in preheated oven for 12-15, until fish is cooked through. If desired, serve with lemon wedges.



About the Healthy Foodies: Pama Mitchell (right) is a journalist and associate professor of communication and journalism at the University of Cincinnati.



Mary Ann Barnes, M.D., practices family and complementary medicine, and teaches nutrition, at St. Elizabeth Family Practice Center in Edgewood, KY. Please visit www.healthyfoodie.com and Pama's blog at www.healthyfoodies.blogspot.com.



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When the Going gets **Tough** “LIIFT” Your Troubles Away

by Pastor Brian Eastman

WHEN YOU FIND YOURSELF struggling in any aspect of life, it's time to heal. When you feel like you are swimming against the tide, it's time to explore how your hidden beliefs or past bad experiences might be contributing to the problem. When you realize that some bad experiences are replaying themselves in your head or in real life, it's time to remove their power.

Recently a conceptually different healing modality has appeared which heals whole lives with remarkable speed. The Life-Improvement Internal-Focus Technique (LIIFT) healing process utilizes techniques which affect major life change often in just one session.

The 3 Sources of Life-Dysfunction and How They Can Be Healed

Irrespective of how one's life-dysfunction is experienced, the LIIFT process typically locates the source among these three common elements, then uses simple techniques to heal:

- *Emotional stresses from residual trauma or other sources:* require whole-brain stress/trauma release.
- *Pre-verbal negative life experiences:* require non-verbal healing (“operating-system software upgrade”) through movement, color, taste or smell.
- *“Software bugs” in Operating System (also called life-scripts or core beliefs):* require belief re-writes.

Here's another metaphor to consider: “Sarah's,” life-outlook creates the life she experiences. Think of Sarah's life-outlook as a house. It rests on a foundation of her pre-verbal experiences. Sarah's unhappy early experiences have created a gut-level sense of instability on which she must build her internal house. This house serves to define what she can expect of her interactions with the world.

The house skeleton—uprights and cross-pieces—consist

of belief patterns regarding how Sarah and the world interact. These patterns generate self-fulfilling events in her life. A straight, solid upright (core belief) creates positive results; a warped or broken upright can pull Sarah's whole life askew. Consider, for instance, the many unhappy experiences which can be generated by Sarah's belief, “I expect the worst to happen.”

The stresses caused by trauma residuals, such as job problems, family problems emotional or physical abuse, etc., act as stiff winds shoving against Sarah's house. The stiffer the wind, the more strained Sarah's life becomes.

How One Session Can Change a Life for the Better

In general, eight out of ten people who utilize LIIFT report a significant positive life change after their first session. When someone replaces a broken or warped upright, or removes a stress, the house tends to square-up fairly quickly. Consider the change in outcome if we change Sarah belief from “I expect the worst to happen” to “I expect the best to happen.”

Below are some anonymous examples of quick life-changes. Most occurred in one session:

- An abused wife is now inoculated against her ex's attempts to emotionally manipulate.
- A teacher who felt unable to control students reports “Now, I am in charge!”
- A middle-aged man who often said, “Everything I want in life always turns to dust,” now has his dream job, and a girlfriend too.
- A sales rep realized he was sabotaging his own sales efforts thanks to trauma residual from childhood abuse. After two sessions reports, “I have made so many sales that I need to add staff to help.”

LIIFT Healing Sessions and LIIFT Training Available

LIIFT is relatively new to the tri-state area. Revelation Spiritual Church offers training classes and provides access to practitioners. For information, please call 513.853.6180 or email pastor.assist@OurChaplain.com.

About the author: Pastor Brian Eastman, lead pastor of Revelation Spiritual Church, has served as a healer for over 25 years. His healing work is built on the LIIFT modality in addition to various concepts found in Transactional Analysis, Healing Touch, Shamanic Healing, the Essential work of Ihnna Han, Touch for Health, NEAT, Psy-K and others. He views his healing work as an extension of his general commitment to helping people move to a happier existence. 513.853.6180. pastor.assist@OurChaplain.com.



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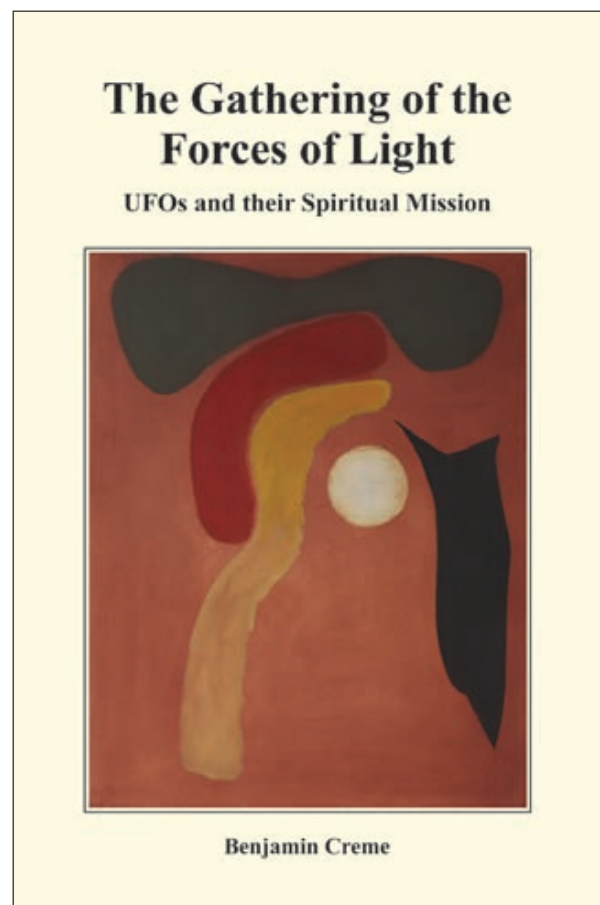
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Beat the Heat

Naturally

Herbs 'n Such, by Mimi Tagher



IN CHINESE MEDICINE the heat of summer is associated with the energy of yang; in Ayurveda it is associated with the dosha Pitta. Overexposure to excessively high temperatures, or summer heat, can cause symptoms such as fever, thirst, restlessness, sweating, agitation, dizziness, nausea, diarrhea, poor appetite, collapse and sunstroke. As we head in to the dog days of summer, changing our diets to more cooling foods can go a long way in helping to combat the heat.

The best foods to help keep cool during summer are watermelon, cucumber, mint, coconut, summer squash, fennel, cilantro, and aloe vera. Other good choices include: bamboo shoot, banana, bitter melon, clam, crab, grapefruit, lettuce, persimmon, seaweed, star fruit, water chestnut, lotus root, barley, egg white, oyster, pear, peppermint, strawberry, broccoli, cauliflower, and zucchini. It is best to avoid spicy, acidic and greasy foods because they will increase heat in the body, making the heat of summer more difficult to tolerate.

Another way to help minimize the effects of summer heat is with the use of some common Chinese herbs: bai bian dou (hyacinth bean), he ye (lotus leaf), lu dou (mung bean), qing hao (wormwood), xi gua (watermelon), suan mei tang (sour plum) and chrysanthemum.

Though we often think of Chinese herbs as bad tasting teas, some of the summertime mixtures are much more palatable. For example, watermelon is not only a delicious summer treat, but it is also a powerful and effective medicine. One cup of fresh or juiced melon is the recommended dose. Watermelon is so high in water content that juicing is easy: simply blend watermelon pieces in the blender, no straining is necessary. For an especially cooling summer treat blend the watermelon with ice and add mint.

Another example is Chrysanthemum tea, which helps aid mild sunstroke and thirst issues. Below is a recipe that can be made with or without added electrolytes. If you know you will be sweating a lot (heavy outdoor activity for two hours or longer) it may be wise to add in some electrolytes to make a drink that will be healthier than high fructose corn syrup based electrolyte drinks:

Chrysanthemum Tea

Ingredients:

70 white or yellow Chrysanthemum flowers (the yellow is better for clearing heat, while the white is better for red, itchy eyes, but there is no reason not to combine them).

Sweetener to taste (1/2 cup sugar; or use honey or stevia, or skip)

3 L water

Instructions:

Boil water for two minutes. Shut off the heat. Add the flowers and let steep for one hour. Add sweetener as the mixture cools to a warm level.

1: 1 or 2 green tea bags or equivalent TBSP of green tea leaves can be added to the mix for additional cooling benefits. Keep in mind that green tea does contain caffeine and too much caffeine may interfere with normal hydration levels.

2: When the mixture is almost room temperature, 1/2 tsp of each of the following may be dissolved into the batch to add electrolytes:

1/2 tsp epsom salt (magnesium sulfate)

1/2 tsp himalayan pink salt

1/2 tsp potassium chloride (salt substitute)

1/2 tsp sea salt

While *not* traditional, these electrolytes are useful for recovery.

Another fun way to take these electrolytes is with homemade fresh squeezed lemonade!

About the author: Mimi Tagher, LAc, LMT is nationally board certified in acupuncture, Chinese herbology and Oriental Medicine. She practices at Synergy Holistic Health Center in Florence, Ky., and in Blue Ash. 859.525.5000, www.synergyholistichealth.com.



Outer Change, Inner Growth

Intuitive Insights, by Francine Haydon and Patricia Garry



CHANGE IS A VERY POWERFUL TOOL. But, it also can be very scary. Change can mean that the “same old habits and daily efforts” just aren’t going to cut it anymore. In a sense, you are telling the Universe that you have chosen to grow which requires focus, courage and effort. And not everyone likes to change, or likes to deal with change in others. It may not be easy, but it is usually very rewarding once you make the decision to move forward.

However, change takes confidence and boldness. With every change you make, you have an opportunity to grow and blossom into the fulfilled human being you have chosen to be this lifetime. Wow! Think how powerful and wonderful change can be once you surpass the fear – of failure, of rejection, or of success.

Surprisingly, fear of success can cause blockages. Will I be accepted? Will people view me differently? The only answer that matters is what is in your heart. Change and growth indicate that you are an active participant in the development and pursuit of your life purpose. You have chosen not to be stagnant, but rather to be a vibrant, self-directed individual open to new ideas and ways of doing things. You have become a thriving, organic being.

So you took the big risk, confidently claimed your skills and got that new job. So you have more money, new co-workers and more challenging work that also happens to be more fun. That’s the outer change. What does the inner growth look and feel like?

Confident actions lead straight to inner confidence. Now that you’re in decision-making mode, you likely realize that you’re actually quite good at making decisions. You weighed the benefits and costs, trusted your instincts/intuition, and took

steps in the right direction. And you found it was all easier than you expected, without the negative self-criticism and self-talk that you usually put yourself through.

The next steps on your journey, as you own your new self, usually include gratitude and an understanding that the Universe has always had your back, and that most everything in your life is and was good. So you say “Thank you” frequently, to co-workers, people you interact with throughout your busy day, and to your Higher Self for your increased understanding.

Stress becomes a tool you use to increase your energy and support your focus, not a debilitating, demoralizing influence. As you get out of your own way, laughter comes more easily, and you relax into your new level of peace. Then you find yourself getting compliments from people on how young you look. Or maybe they ask if you’ve lost weight, got a haircut, or have on a new outfit. They know there’s something different about you. Don’t forget to say thanks.

About the authors: Francine Haydon is an intuitive tarot and palm reader, energy worker, teacher, and owner of Sea Angels Cruise and Inner Wellness Conference. She helps people reclaim their personal power. Contact her at francine.haydon@fuse.net, 513.248.8772 and www.foresthousedofhealing.com.



Patricia Garry is a spiritual reader, teacher, healer, and writer. She has been on her path and sharing her gifts since 1985, holding the vision of all of us as peaceful and powerful lightworkers. Contact her at 513.281.6864, patricia@patriciagarry.com and www.patriciagarry.com.

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The Sages' Touch Clinical Healing Reflexology & Hands-On Spiritual Healing Practice has moved to **Everybody's Health**, Mason office, at 6213 Snider Rd. Serving greater Cincinnati and based in Blue Ash since 2009, The Sages' Touch now brings its healing practice outside the 'loop' to offices a stone's

throw from the long standing WLW tower. "The Sages' Touch's clinical approach to health and wellness helps others heal from chronic, acute, systemic or specific physical complaints," says owner Himavat Ishaya. Complementing a growing team at Everybody's Health's many offices, Ishaya brings over 20 years as practitioner and national certifications to health and wellness needs. 513.288.1306. www.TheSagesTouch.com.



Author Rose Vanden Eynden is pleased to announce the release of her first novel, *Merlyn's Raven*, a fantasy romance set in pre-Arthurian Wales. Rose is the author of several books, including the best-selling *Llewellyn Worldwide* title *So You Want To Be A Medium*. Currently, *Merlyn's Raven* is available in e-form and

can be downloaded at Amazon, Barnes and Noble, and Soul Mate Publishing online. The book will be released in softcover later this year. Rose's blog, *Standing Between the Worlds*, can be read at www.vandeneinden.biz/blog.



Lilly DelValle (M.Sc., HLC, AT), owner of Living Vibrations, is proud to announce the opening of their new office in Mason. DelValle is one of the few practitioners who have been asked to partner with medical professionals in the field of neurology to deliver holistic wellness to patients in the Greater Cincinnati area.

She holds a Master's degree in Metaphysical Sciences with certifications in a variety of holistic healing modalities. Services include: holistic life coaching for discerning one's path, aromatherapy for physical and psychological wellness, vibrational therapy for balance and relaxation, and metaphysical teachings for spiritual growth. 513.696.6199. www.LivingVibrations.co.



Rev. Louisa A. Dyer is the host of a new radio show, *Inner Divinity – Knowing & Living from the Source Within*. "The show is spiritual but not religious," says Dyer. "It offers numerous inspiring, practical and simple ways to feel better now, improve overall health and vitality, and raise consciousness. There's al-

ways good music and great discussion about how to tap into the power, peace and joy of your Divine Self." Dyer is a metaphysical minister with a Masters in Holistic Psychology and over 25 years clinical experience. She offers 'wholistic' life coaching nationally by phone. Her show can be heard **Wednesdays, 1-3pm EST**, on WAIF Cincinnati 88.3 FM, or live via streaming audio at www.waif883.org. 513.248.0069. info@louisadyer.com. www.louisadyer.com. (See ad on page 13.)



Anne Janae Jacobs, image consultant and creator of the Battle 4 Beauty complete makeover course, is pleased to announce the launch of her new trainer course for women. The Battle 4 Beauty trainer

course pilot will begin in October in Mason, Ohio and will meet every Saturday, 8am-5pm, for five weeks. Only 12 openings are available for the pilot course and include a special promotion of 30% savings if registration is completed by July 20th. As certified Battle 4 Beauty trainers and image consultants, graduates will have the opportunity to operate as independent consultants managing their own work schedule and income while teaching fashion and guiding women to new freedom and beauty revelation. "My mission is to develop women leaders and transform women's lives through 'The Battle 4 Beauty' makeover tools. The Battle 4 Beauty is unlike any beauty makeover tool currently in the marketplace because it combines the elements of spirit, soul and body leading women through a total beauty transformation from a God centered inside out approach," says Jacobs. www.Battle4Beauty.com.

There is NO FEE to list your news. Email announcements by August 1 to info@wholelivingjournal.com (100 words maximum, photo optional).

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Everyone has a story worth sharing...

My Journey

Is Fear Inhibiting Your Soul Mission?

by Kim Bischoff

The advancing technologies in science freed me. But the real question is why did their findings matter at all to my freedom? The even bigger question is why did I *let* it matter? The answer is fear.

I am a 49-year-old intuitive and have been psychic for as long as I can remember. Up until a near death experience just before my 40th birthday, I kept this knowledge pretty much to myself. Aside from a few family members, close friends in high school, and the occasional co-worker who guessed it along the way when I forgot to keep my guard up, no one else really knew.

In 2007 I came out of hiding and have never felt freer or more useful and happy in my life. It is for that reason I would like to share my story with not just the younger generation but anyone who feels as I felt during the years I was hiding my abilities.

It took many years to overcome what I consider the normal fears of being an intuitive, or what some refer to as “psychic.” There were many contributing factors to my fears.

First on the list was my relationship with my mother who was also an intuitive. From the very beginning she told me never to tell anyone about what I saw or heard. She said there was nothing wrong with it, but if doctors or school employees were told that I heard voices and saw things, they would put me in a psych ward, church people would say I was evil or a spawn of Satan, and scientists would want to run tests on me.

In general, I often didn't seem to

fit in with people. I can't count the times someone would say, “You're just different somehow.” I knew this was true but kept it to myself not wanting to risk Mom being right.

Second, I did not always want to know what I knew. Especially when someone was going to die.

If only the terms clairvoyant, clairaudience, clairsentience and claircognizance were acceptable during my childhood, things would have been very different.

For one thing, it wouldn't have taken me years to figure out I wasn't a freak of nature. Many people can't wear watches and experience more than average electrical problems. At one job, I had to place a “static guard” mat under my work station because my computer kept crashing. How was I to know that years later the ability to do energy healing on others would manifest as a result of this seemingly problematic quality I possessed?

Healing and doctoring has always been my life's passion but was set aside due to the choice I made to work instead of going to college. As many do, I held onto the dream for several years and then just let it go. My forgotten passion, healing, was resurrected years later when I conquered the fear of my gifts. I now work at the Wilmington Wellness Studio providing and teaching energy healing.

My story could go on forever so I'll make the message I want to share short. To any and all who have intuitive/psychic abilities: Please don't bury them out of fear! Be it your own internal fear or the projection of a loved one's fear, the fear of rejection, or society not accepting you for who you truly are, I implore you to explore your gifts and learn to work with them. They are truly a gift from heaven and given to you for specific reasons as part of your own individual journey



Kim Bischoff

in this life. Fear is the most inhibiting, contributing factor for the lack of success in anything. It is instilled by many for this controlling reason alone. Face and release your fears and you will free yourself in this world to fulfill your full potential.

God be with you on your life's journey. It is amazing when you start living it freely.

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Transformational Astrology

July and August 2012

by Diane Samsel

July 3: *Full Moon and Mars in Libra.* A cooperative spirit breaks a stalemate. A dream is realized through careful planning. Compromise a cherished perspective in spite of strong emotional reactions; be practical. Negotiations open up a path to success.

July 10: *Third Quarter Moon.* Frustration arises when cooperation breaks down. Diplomacy quells emotional outbursts. Opponents test one's outlook. Excitement overcomes a stalemate and keeps the dream alive. Tight boundaries around a creative project are required.

July 13: *Uranus Retrograde and Uranus stationed Direct.* (December 10, 2011) Pause the forward movement of innovation to establish more stability and to integrate recent breakthroughs into life. Births, success and ways to become happier in life take center stage. Exciting new ideas and curiosity lead you to new adventures.

July 14: *Mercury Retrograde.* (Mercury stations direct 8/8/12.) Energetically there's a need to switch the brain into low gear; thoughts and ideas need to be integrated into the emotional life. Partnerships especially need attention. Are you seeing things clearly or are you deluded in some way? Consulting a wise head is advisable in order to set your mental house in order. The special awareness that now prevails could lead to a pleasant break.

July 19: *New Moon.* The realization that family life is all-important puts ambition in proper perspective. The challenge might come in the form of having to distinguish which projects to keep and which to abandon. Choose the work that most suits your emotional life; know in your heart what's most important. There could be a struggle with someone who believes that you exist to fulfill the unrelenting demands they make.

July 22: *Sun in Leo.* Your thoughts and words put you in the spotlight as you deliver strategies for success. Your creativity is well received as your thinking is focused, clear, concise, and points to a very rewarding course of action. Be happy with your solid instincts about the situation; you deserve the praise!

July 26: *First Quarter Moon.* Communicating a powerful hunch brings recognition. Being aware of something out of the ordinary happening challenges you to step up and claim your share. An unrelenting search for the truth pays off with great rewards.

August 1: *Full Moon.* Emotions are cut off by a tendency to remain in one's thoughts. The need to help others gives a sense of purpose that blocks out all other needs. Stabilize the situation: Be open-minded-- this can break the spell and make you available once again to the fullness of life around you.

August 7: *Venus in Cancer.* Enjoy being the center of attention but others may frustrate your desire to express just how special you are. Confidence and planning bring life once again into balance. Clarifying your position puts everyone at ease.

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August 8: *Mercury Direct.* Mercury ends its July 14th retrograde with the need to put forth ideas that support expression of your leadership abilities. The suggestion is to examine the downside of all ideas that seem good. Dreams and illusions abound and appeal to the heart but structure and action are needed to shape those dreams. The right idea could launch a rocket ship to success.

August 9: *Third Quarter Moon.* Life quiets down a bit as you secure your position. A very caring partner helps define recent gains. We can feel cautiously optimistic in light of a recent roller coaster ride. Putting boundaries around social pressures preserve the beauty in the relationships that really matter.

August 17: *New Moon.* A partnership that ran hot and cold can now come together with a shared vision. A position that formerly marked you as an outsider might now be acceptable to the group.

August 22: *Sun in Virgo.* Projecting your vision through your heart felt convictions and enthusiasm creates a sudden shift that opens the door to a new life. Hard work is the key to mastering this new surge of power.

August 23: *Mars in Scorpio.* A sudden awakening around partnership issues helps you be more attentive to others. A need to control and the awareness of being controlled leads to overturning the status quo. Frustration simmers until maturity forces you into a position of taking decisive action.

August 24: *First Quarter Moon.* Good sense prevails despite a tendency to be preoccupied. Thoughts dwell in deep places. Enthusiasm brings them up and into light. Words, carefully crafted, help a plan succeed.

August 31: *Full Moon and Mercury in Virgo.* It's possible to uncover a core truth in your relationships on such a deep level that it frees up tremendous energies. The experience could propel you dramatically into a new life.

About the author: Diane Samsel is a practicing astrologer with over 10 years experience and trained by Noel Tyl. Please contact her at diane@powerpaws.com or 828.859.5912. Consultations: \$125. Follow-ups: \$50/half hour. All major credit cards accepted.



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Book Review

The Gathering of the Forces of Light: UFOs and their Spiritual Mission

by Benjamin Creme

(Share International Foundation, 2010)

ISBN/EAN: 978-90-71484-46-9

Review by Diana Holland

Benjamin Creme is best known for his central message that a group of great spiritual teachers are now returning openly to the modern world under the leadership of the World Teacher, Maitreya. Creme has penned 15 fascinating books on varying aspects of their emergence.

His newest book, however, is a UFO book. Creme now introduces us to a new host of planetary envoys: our benefactors and friends, the Space Brothers – and describes for the first time his personal experience working closely with them for over half a century. He reveals how he himself became involved in 1959 with their work, including the fact that he was part of a working group with George Adamski, one of their major proponents. Creme, having had similar experiences, vouches for the veracity of Adamski's accounts of his travels in space ships.

With all due respect to Stephen Hawking, Creme affirms that the Space Brothers are absolutely harmless to the people of Earth. In fact, he claims they are doing us an immense service by neutralizing nuclear radiation that scientists do not as yet have the instrumentation to detect, but that has claimed some 200,000 lives in the last three years alone. The role of the Space Brothers in creating the crop circles is covered as well, as is a new Technology of Light, soon to be revealed, that will give this planet an unlimited, safe source of power.

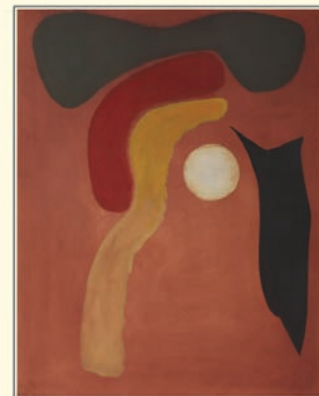
A key message of this book is that the moment of truth has arrived, not only in America but worldwide. The politicians and economists call the present situation a 'downturn' and a 'recession,' but in truth, says Creme in *The Gathering of the Forces of Light*, "we are witnessing the last stumbling steps of the old order based on unbridled competition and greed. The restoration of the health of our planet must become our number one priority after the saving of the starving millions. Maitreya will remind men that Peace and Justice are the essentials without which there is no future. And the only way to both is through Sharing. His task is to focus and strengthen this growing realization."

Since December 2008, a 'star-like luminary of brilliant power' has been seen around the world that heralds the beginning of Maitreya's open mission. Hundreds of sightings of the 'star' have been recorded, and videos from around the world are posted on YouTube.com. Several 'star' photos are included in this book, as it was created by the Space Brothers and is a sign of Maitreya's presence.

Mr. Creme writes with such clarity and authority that it is difficult to ignore his message. This is an open invitation to explore an informative, thought-provoking and most hopeful new work. (www.share-international.org)

The Gathering of the Forces of Light

UFOs and their Spiritual Mission



Benjamin Creme



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My Powerful Choices Show, w/Larkin Sell, 6-7pm, free. Living beyond struggle/empowerment w/LOA. <http://blogtalkradio.com/larkinsell>.

Pure Movement, w/Fanchon Shur, 6:30pm, first class free. Growth in Motion, 4019 Red Bud Ave, Cinti. info@growthinmotion.org.

Yoga, w/BevySue, 10-11:15am. Fitton Cntr for Creative Arts, 101 Monument, Hamilton, OH. 513.863.8873.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 7-8:30pm. Anderson Sr. Cntr. 513.576.6662. WholesomeResources.com.

EVERY TUESDAY

Best Year Ever Life Coaching Circle, w/Joanne Franchina, 7-9pm, \$25/session. Inner Compass, 10901 Reed Hartman, Blue Ash. Pre-reg reqd. 513.587.9855. www.YourInnerCompass.com.

Come Experience the Light. Local info. 513.484.4731. Visit us at www.sukyo-mahikari.org.

Kundalini Yoga, w/Catherine Skyrn, 7pm. Baker Hunt, Covington. 859.384.4476. cskyrn@fuse.net.

Waves of the New Age, WAIF/88.3FM, w/Tara L. Robinson & Judy Peace, 3-5pm. Soul-filled sounds and conscious conversation. Listen online: www.WAIF883.com.

org. Call show to join the conversation. 513.961.8900.

Yoga, w/BevySue, 6-7:15pm, 1st class free, 1/\$9, 3/25, 8/50 to be used anytime. Mother Earth, 5158 Plesant Ave. Fairfield, OH 513.894.1131.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 10-11:30am. Miami Township. 513.576.6662. WholesomeResources.com.

Yoga, w/Julie Lusk, M.Ed, RYT, 7-8:30pm. Milford. 513.576.6662. WholesomeResources.com.

EVERY WEDNESDAY

Introspective Perspectives Show, w/Larkin Sell, 6-7pm, free. Living beyond struggle/empowerment w/LOA. <http://blogtalkradio.com/larkinsell>.

Kundalini Yoga, w/Catherine Skyrn, 7pm. Florence/Union. 859.384.4476. cskyrn@fuse.net.

Pure Movement, w/Fanchon Shur, 9:30am, first class free. Growth in Motion, 4019 Red Bud Ave, Cinti. info@growthinmotion.org.

New Radio Show, Inner Divinity/Tapping Into Source Within, w/Rev. Louisa Dyer, MA, 1-3pm. Empower yourself. 88.3 FM. 513.248.0069. www.waif883.org. www.louisadyer.com. (See ad pg.13)

Yoga, w/BevySue, 6:30-7:30pm. Elijah Morgan Mansion in Gilbert Farms Park, Ross Rd, Fairfield, OH. 513.867.5348.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 10-11:30am. Milford & Miami Township. 513.576.6662. WholesomeResources.com.

Yoga, w/Julie Lusk, M.Ed, R/CYT, 5:30-7pm & 7-8:30pm. Miami Township. 513.576.6662. WholesomeResources.com.

EVERY THURSDAY

Come Experience the Light. Local info. 513.484.4731. Visit us at www.sukyo-mahikari.org.

Kundalini Yoga, w/Catherine Skyrn, 9:30am. Baker Hunt, Covington. 859.384.4476. cskyrn@fuse.net.

Mediumship Development Circle, w/Joanne Franchina, 7-8:30pm, \$12. Inner Compass, 10901 Reed Hartman, Blue Ash. Pre-reg reqd. 513.587.9855. www.YourInnerCompass.com.

Yoga, w/BevySue Hammons, 6-7:15pm. Mother Earth, 5158 Pleasant Ave. Fairfield, OH. 513.894.1131.

EVERY FRIDAY

Let Go & Hold On Radio Show, w/M.K. Meier, 12-1pm, WAIF Cincinnati 88.3 FM. Embracing change & empowering you. www.waif883.org.

EVERY SATURDAY

Come Experience the Light. Local info. 513.484.4731. Visit us at www.sukyo-mahikari.org.

Free Yoga, TriYoga, w/Lisa Igo, 9:30-10:45am, donations accepted. Centennial Barn, 110 Compton Rd. Wyoming, 45215.

Transmission Meditation/The Great Invocation, w/Linda Fulton, 9:30-10:30am, love donation. New Thought Unity Cntr, 1401 E. McMillan St. 513.688.1171. fultonsafe@aol.com.

Yoga, w/BevySue, 10-11:15am. Fitton Cntr for Creative Arts, 101 S Monument Ave. Hamilton, OH. 513.863.8873.

EVERY SUNDAY

Center for Spiritual Living Greater Cinti, 10:30am. See ad. 5701 Murray Ave, 45227. 513.218.2128. www.cslgc.org.

Center for Spiritual Living, WRRJ internet radio. Sunday celebration services/music & inspirational programming. <http://wrrj.hopto.org>.

Garden Park Unity Church, w/Rev. Kathy Engelhardt, 11am. All are welcome. 3581 W. Galbraith Rd, 45239. 513.385.8889. www.GardenParkUnity.org. (See ad pg. 11)

New Thought Unity, 9 & 11am. All welcome. 1401 E. McMillan, E. Walnut Hills 513.961.2527. ntunity.org. (See ad pg. 15)

Teens Expressing Spirit, 11-12pm.
Center for Spiritual Living's teen group.
Positive teen discussions. 4100 Benfield Dr.
Kettering, OH.

USCL, United Spiritualists of the Christ Light
Church, 9:50-10:20am/healing, 10:30am/
service. 9772 Princeton - Glendale Rd.
Cinci, Ohio 45246. www.uscl.org.

Voices4theSoul Radio, WNKU/ 89.7FM,
104.1FM, 105.9FM, w/Lori Holladay, 7am.
Featuring songs expressing a more spiritual
side of life. lori@wnku.org.

Worship, w/Clark Echols, Preacher,
Christian Swedenborgian, All Welcome.
Glendale New Church, 845 Congress.
513.772.1478.

1ST & 3RD THURSDAY

The Pink Tent, supportive, fun, enlivening
gathering for women.
Info@LightNighoftheSoul.com.
(See ad pg. 2)

2ND WEDNESDAY

Laughter Yoga/Joyful Healing LY Club,
w/Judi A. Winall & Pam Hall, 7pm, free.
Sharonville Library. 513.899.3115.
www.laughteryoga.org.
www.joyfulhealinglaughter.com.

2ND & 4TH WEDNESDAY

A Course in Miracles Study Group, w/
Jeanne Uhl & Mary Claybon, 6-7:30pm, love
offering. Montgomery area.
For info. 309.8377.

2ND THURSDAY

Meditation class, w/Gary Matthews,
7-8:30pm, \$20/class, \$30/incl. 2nd Fri.
Shamanic Journey class. Stillpoint,
11223 Cornell Park Dr. Ste 302, Blue Ash
513.489.5302. StillpointTherapy.com.

2ND FRIDAY

Shamanic Journey class, w/Gary
Matthews, 6:30-8:30pm, \$20/class, \$30/
incl. 2nd Thurs. Meditation class. Stillpoint,
11223 Cornell Park Dr. Ste 302. Blue Ash
513.489.5302. www.StillpointTherapy.com.
(See ad pg. 3)

3RD TUESDAY

**Non Violent Communication Intro
Drop In**, w/Tina & Maria, 6:30-8:30, free,
donations accepted. Aquarius Star and Om
Café. 859.802.4555. Facebook, Cincinnati
NVC.

12TH OF EVERY MONTH

12:12 Messages of Mastery, w/Patti
Kessler, 7-8:15 pm, \$12. Group healing &
messages. RSVP for location. Cinti, OH.
513.240.1602.

JULY

TUES • JULY 3

Pet Loss Support Group/Adults, w/Tammy
Wynn, 6-7:30pm, free. Angel's Paws, 11341
Grooms Rd, Blue Ash. RSVP.
513.489.7297.
www.angelpaws.com.

SAT • JULY 7

American Pie for Kids. All about
community, how community money flows.
New Thought Unity Cntr, 1401 East
McMillan. 513.961.2527.
www.alternateeducation.net.

TUES • JULY 10

Pet Hospice Support Group/Adults, w/
Tammy Wynn, 6-7:30pm, free. Angel's
Paws, 11341 Grooms Rd, Blue Ash. RSVP.
513.489.7297. www.angelpaws.com.

FRI • JULY 13

a musing tuesday, w/Adele Bell, 7-8:30pm,
\$5. Anderson Twp. Limited seating. RSVP
513.624.7855.

SAT • JULY 14

Essential Oils for a Natural First Aid Kit,
w/Lilly DelValle K, 10:30-12pm, \$5. 7577
Central Parke Blvd, Mason OH. Ste. 129.
Info/Lilly DelValle, 513.696.6199.
www.LivingVibrations.co.
(See ad pg. 11)

Forever Fit Info session, w/Gina Perry
N.D., 2-3:30pm, free. Pre-reg reqd.
WholeCare. 513.489.9515.
www.wholecarechiropractic.com.
(See ad pg. 2)

**Mediumship Clinic: Auragraphs as Spirit
Art**, w/Joanne Franchina, 1-4pm, \$55. Inner
Compass, 10901 Reed Hartman, Blue Ash.
513.587.9855.
www.YourInnerCompass.com.
(See ad pg. 11)

Vision Board & Beyond, w/Lea, 3-5pm.
Sharonville Library. Register/questions
laughwlea@gmail.com.

SUN • JULY 15

**Evening with the Stars Astrology
Workshop**, 4-6pm, \$20. School of
Metaphysics, 14 Sheehan Ave, Cinci.
513.821.7353. cincinnati@som.org.
www.peacedome.org.

TUES • JULY 17

Meditation Sampler Circle, w/Joanne
Franchina, 7-9pm, donation. Check website
for summer locations. 513.587.9855.
www.YourInnerCompass.com.
(See ad pg. 11)

Pet Loss: Mid-month Social Gathering, w/
Tammy Wynn, 6-7:30pm, activity cost. Doing
life/dinner/movie, etc. RSVP.
513.489.7297.
www.angelpaws.com.

MON • JULY 23

Women Singing In Sacred Circle, w/
Shelley Graff, 7pm, free. First Unitarian
Church, Linton St. jspowers@cinci.rr.com.

TUESDAYS • JULY 24 - AUG 28

Birthing From Within Childbirth Classes,
7pm. Finneytown. Info. 513.470.9970.
(See ad pg. 26)

FRI • JULY 27

Making Decisions Confidently, w/Larry
Wells, 1-4pm. 4138 Hamilton Ave. Ste B,
Northside. 513.541.5720.
www.futurelifefor.com.

FRI • JULY 27 - SUN • JULY 29

Bones for Life Intensive workshop, w/
Cynthia Allen, 4138 Hamilton Ave, Ste B,
Northside. 513.541.5720.
www.futurelifefor.com.
Gem & Mineral show/GemStreetUSA, 10-
6pm, \$7. Sharonville Convention Cntr.
www.mearthstar.net.gemstreetusa.com.

SAT • JULY 28

Seashell Messages/Mini sessions, w/Lilly DelValle K, Certified Ocean Oracle Reader, 12-3pm, \$15/15 minutes. 7577 Central Parke Blvd, Mason OH. Ste. 129. RSVP. 513.696.6199. www.LivingVibrations.co. (See ad pg. 11)

SUN • JULY 29

Universal Laws workshop, 4-6pm, \$20. School of Metaphysics, 14 Sheehan Ave, Cincinnati. 513-821-7353 cincinnati@som.org. www.peacedome.org.

MON • JULY 30

Global Meditation Night, 7-9pm, \$10 donation. Alms Park Tools for Inner Peace/Joy. Intuitive Development/Healing. Global meditation. 513.473.7447. www.EnergeticAnswers.com.

AUGUST

SAT • AUG 4

American Pie for Kids. All about community, how community money flows. New Thought Unity Cntr, 1401 East McMillan. 513.961.2527. www.alternateeducation.net.

Forever Fit Info session, w/Gina Perry N.D, 2-3:30pm, free. Pre-reg reqd. WholeCare. 513.489.9515. www.wholecarechiropractic.com. (See ad pg. 2)

SUN • AUG 5

Radical Forgiveness Workshop, w/Gay Purpura, 1-4pm, pay only if it works for you. New Thought Unity Cntr. 513.259.7284.

TUES • AUG 7

Pet Loss Support Group/Adults, w/Tammy Wynn, 6-7:30pm, free. Angel's Paws, 11341 Grooms Rd, Blue Ash. RSVP. 513.489.7297. www.angelpaws.com.

FRI • AUG 10 - SUN • AUG 12

Bones for Life Intensive workshop, w/Cynthia Allen, 4138 Hamilton Ave, Ste B, Northside. 513.541.5720. www.futurelifefenow.com.

SAT • AUG 11

Creating Sacred Space, w/Joanne Franchina, 10-4pm, \$85. Inner Compass, 10901 Reed Hartman, Blue Ash. 513.587.9855. www.YourInnerCompass.com. (See ad pg. 11)

Using Essential Oils, Reiki/Energy Work, w/Lilly DelValle K, 10:30-12pm, \$7. 7577 Central Parke Blvd, Mason OH. Ste. 129. Lilly DelValle, 513.696.6199. www.LivingVibrations.co. (See ad pg. 11)

MON • AUG 13

a musing tuesday, w/Adele Bell, 7-8:30pm, \$5. Anderson Twp. Limited seating. RSVP 513.624.7855.

TUES • AUG 14

Pet Hospice Support Group/Adults, w/Tammy Wynn, 6-7:30pm, free. Angel's Paws, 11341 Grooms Rd, Blue Ash. RSVP. 513.489.7297. www.angelpaws.com.

TUES • AUG 21

Pet Loss: Mid-month Social Gathering, w/Tammy Wynn, 6-7:30pm, activity cost. Doing life/dinner/movie, etc. RSVP. 513.489.7297. www.angelpaws.com.

FRI • AUG 24

Create & Maintain Excellence at Will, w/Larry Wells, 1-4pm. 4138 Hamilton Ave, Ste B, Northside. 513.541.5720. www.futurelifefenow.com.

SAT • AUG 25

Seashell Messages/Mini sessions, w/Lilly DelValle K, Certified Ocean Oracle Reader, 12-3pm, \$15/15 minutes. 7577 Central Parke Blvd, Mason OH. Ste. 129. RSVP. 513.696.6199. www.LivingVibrations.co. (See ad pg. 11)

MON • AUG 27

Global Meditation Night, 7-9pm, \$10 donation. Alms Park Tools for Inner Peace/Joy. Intuitive Development/Healing. Global meditation. 513.473.7447. www.EnergeticAnswers.com.

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www.wholelivingjournal.com

Women Singing In Sacred Circle, w/Shelley Graff, 7pm, free. First Unitarian Church, Linton St. jspowers@cinci.rr.com.

TUE • AUG 28

Meditation Sampler Circle, w/Joanne Franchina, 7-9pm, donation. Check website for summer locations. 513.587.9855. www.YourInnerCompass.com. (See ad pg. 11)

SEPTEMBER

FRI • SEPT 21

Pain Control & Stress Reduction, w/Bill Flocco, 6-9pm, \$60. Columbus, OH. Info. Jane Lanverman, 513.708.6014. mlannerman@cinci.rr.com. (See ad pg. 2)

SAT-SUN • SEPT 22-23

Hand & Ear Reflexology Intensive, w/Bill Flocco, 9-5:30pm, \$350. Columbus, OH. Info. Jane Lanverman, 513.708.6014. mlannerman@cinci.rr.com. (See ad pg. 2)

NEXT DEADLINE: AUG 1

for Sept/Oct issue. Email listings to events@wholelivingjournal.com. Format: day of week, month date, title, presenter, time, cost, location, contact info. We will list 5 events, up to 20 words ea., for FREE as part of our commitment to support our community.

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Snorning and sleep apnea lead to slow oxygen levels in the body. In turn, this leads to physical problems people don't usually associate with sleep issues. They affect your life at home, on the job, and your relationships.

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